

Who Needs to Use Sunscreen? Everyone!!!





- Regardless of skin type, a broad-spectrum sunscreen of at least SPF15 should be used year -round.
- Use every day for sun exposures > 20 minutes.
- Re-apply every 2 hours or after swimming or perspiring heavily.
- Use on a regular basis allows some repair of damaged skin.

American Academy of Dermatology, www.aad.org/public/Newsroom/factsunscreen.htm

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